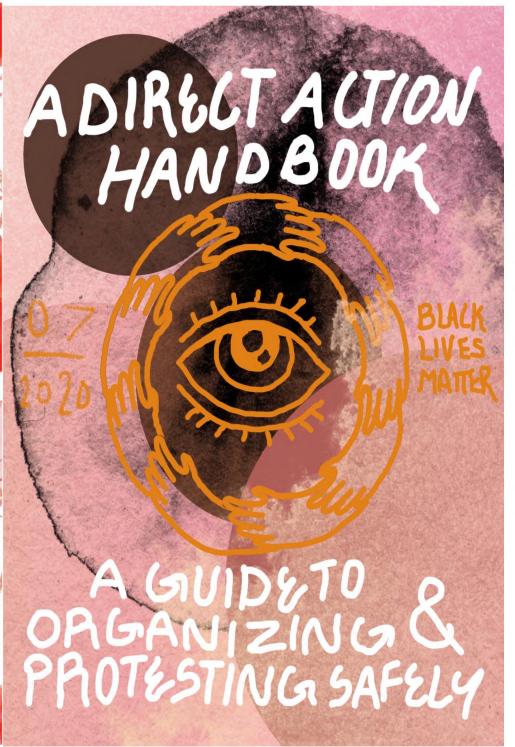
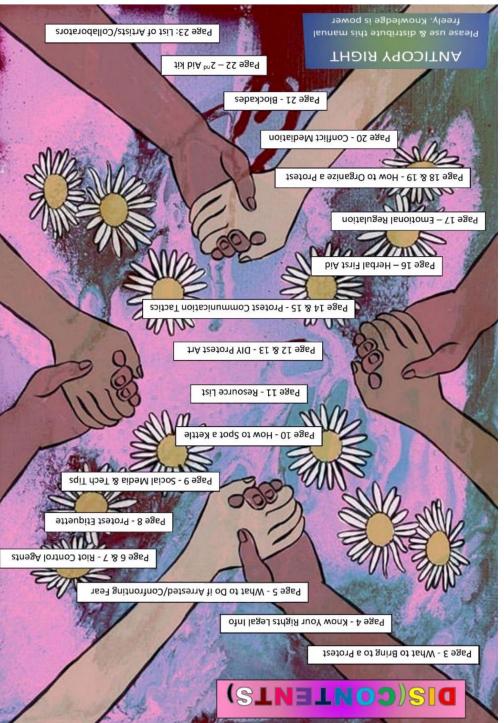
# **EVERYDAY ACTIONS ARE DIRECT ACTION** DEFUND THE POLICE \* \* KEND \* NOTUNTEER \* DIVERSIPY \* BOPCON RADICAL MOVEMENTS TOWARD A MORE JUST FUTURE









## what to bring to a protest:





(WRITE EMERGENCY #'s ON YR ARM)





MASK



ESSENTIAL MEDS (EPI-PEN, INHALER, ETC)

> easily identifiable clothing

> oil-based lotion or Vaseline

(can trap chemicals like tear gas)

00

Don't wear...

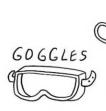
> open-toed shoes

> contact lenses > tampons

> jewelry

> make up

8



what to wear:





BOOTS

> turn off cellular data

> turn off touch/face id > go on airplane mode

If you bring your phone:

> download the Signal app (encrypted texts) to keep in touch with friends

IG: @burnoutcitycomics



#### RECLAIM OUR STREETS BY UTILIZING BLOCKADES



GALVANIZED METAL FENCE >

to the fence for sit-ins or occupy sites affirmations. Protestors can be locked reclaimed with signage & lifting & unhooking at hinges or lock location. Can be dismantled by Private property making for bad bike



kettle protestors

**borice BIKE2>** 

wary, these are used to

Pigs can fly after all. Be

barricades can be repurposed as crowd control, these < WOODEN ROAD BLOCADE Used



< WATER CANNONS

by protestors

hypothermia, and These are weapons - may cause

to aclu.org/fact-sheet/waterin the cannons. For more info go chemical agents have been used direct/secondary trauma. Harmful

Barrels and Stumps

interlace fingers)

(lock arms - don't

Body Blockade

Types of Blockades:

♣ N-Fock

**DIRECT ACTION BLOCKADES** 

\* Police Precincts \* Highways Things you can blockade:

Gov't Buildings

Slisa retummoo \*

force.

to beset a hostile

action &/or traffic;

Any hindrance or

obstruction to

**Blockade:** 

For more info visit: https://www.sproutdistro.com/catalog/zines/direct-action/basic-blockading

**APPROACHED!** TO ASK WHY YOU'RE BEING

ALLOWED TO LISTEN! CALL! POLICE ARE NOT TO MAKE A LOCAL PHONE

SPEAKING WITH A LAWYER! TUOHTIM DNIHTYNA TO REFUSE TO SIGN

TO FILM POLICE

YOUR

KEEP

SUNAH

AI SIBTEI

If police ask to see your phone,

to the search of your device tell them you do not consent

PUBLIC PROPERTY

The  $1^{\alpha}$  amendment protects your right to be on public

AND PROTESTS

**UPRISINGS** 

HAPPEN DURING

**STS3AAA** 

COMMON UNDUST

:YTIAOHTUA

**ONESTION** 

ALLOW ALL CITIZENS TO HAVE **EXISTS TO PROTECT AND** THE U.S. CONSTITUTION MORTHITITION CONSTITUTION

EXPRESSION. THIS. EXPRESSION. THIS. **EXPRESSION.** FREEDOM OF SPEECH AND

ENCOUNTERED BY POLIC

property but not private. Be aware of the boundaries

## LET'S TALK ABOUT IT

Tension is inherent in a protest. Here are some useful tips to keep in mind if you find yourself mediating conflicts that arise from this tension.



#### ASSESS

Are you able to handle this right now?

Do you have a safe space to talk?



#### DEATLE

Introduce yourself!

#### LISTEN

DREATHE

Pause Stay Calm Observe

Move slowly & deliberately



Notice Body Language

Active listening

What are their needs?

Ask clarifying questions

#### **EMPATHIZE**

Reflect back words & emotions

#### SPEAK YOUR TRUTH

Don't blame or accuse

What are your needs?

Use "I" Statements

I Feel that...

#### ASK FOR HELP WHEN

reeling overwhelmed

Talking in circles

Person is hostile or escalating

Misunderstanding

Evident health issues or distress

Remember we are all human and we're all (un)learning. You don't need to agree to validate their emotional experience. Hold space and let them share.

# IF YOU ARE ARRESTED - remain could, do not Physically resist if you can't leave -besure to write the number of your local organization

#### MANAGING FEAR THROUGH MEDITATION

When inciting fear is used as an oppressive and repressive tactic, the act of facing and experiencing fear itself becomes a revolutionary act. Daily meditation helps your mind habituate the process of breaking down fear. "Fear comes and goes, goes and comes, while the mind sees both the going and the coming. [Mind] recognizing fear in that instant is free of fear. So as your mind recognizes fear and self-grasping, lean into that awareness... rest in an instant of freedom of mind." -Barbara Du Bois, "Brave, Generous, Undefended: Heart Teachings on the 37 Bodhisattva Practices"

"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain." -Litany Against Fear, "Dune"



keep safe by keeping your knowledge current, loves important to LET THEM REST, instead monitor vitals of waking patients to check level of consciousness, it is more

research into traumatic head injuries indicate that instead have better long term clinical outcomes

and aggressively FLUSHING THE EYES WITH STERILE WATER

new studies have shown that patients treated with quickly.

NEEDSOLIZED

1010012 and

AMUART BURGH

TWOTE TEUNT

THESE SAFETY

ZAÖTAÐT

HTTPS://WWW.ACLU.ORG/FACT-SHEET/KINETIC-IMPACT-PROJECTILES-FACT-SHEET

· don't forget to figure out what are your indicators of success? how did it pressure your target? Between groups or organizations? relationships between organizers?

how did the planning deepen or strain

next steps for follow up!

participating in the campaign?

· how did the action impact the base of people where was there room for improvement? what were the action's highlights?

DEBEIEL

street art by tinho

packground image:

jospna kahn russell

by hilary moore &

organizing cools the planet

:mon betqebe txet

as small as they seem, it will keep the momentum going!

celebrate often, name the successes in your work, CEPEBBYLEI relationships across difference, celebrate now,

even if you haven't "won" yet) is a key piece of building

· celebrating victories (or successful collaborations

BESOABOES how do we distribute labor equitably? If we are working in coalition, where does the action capacity come from?

· is this action worth the limited time, energy, and resources of our group?

for us or vulnerability for our opponents does the political moment hold potential new developments as opportunities?

LIMING

· can we leverage unfolding events or

will the energy attract or repel people we want to engage? will the action be solemn, jubilant, angry, or calm?

· how will the tactic carry a persuasive story? to our target, or to the community?

MESSAGE

· what will the tactic communicate to our audience, how do you make complicated issues understandable?

### PLANNING AN ACTION/PROTEST: TACTICAL CONSIDERATIONS

BEFORE YOU START: how does this tactic fit into your broader strategy and campaign plan?

STRATEGY

 AFTER YOU FINISH: how do the lessons learned from debriefing the action reshape your campaign plan or make visible assumptions you've had in your strategy?

 what has your group or other groups done before to address the issue? · how have activist groups taking action in the past affected the communities living near your action location? • what have the organizational or coalition

HISTORY

 what relationships need to be developed COLLABORATION in order to create a collaborative direct action?

relationships been like in the past?

- is the imperative for the action coming from the directly affected community themselves? if not, how do you plan to propose it?
- how will the affected constituency be involved in decision-making?

ALLIES

- how will the tactic affect your allies (the ones not working on this particular action) or potential allies?
- how does it affect community stakeholders? how will they receive it? · will it strengthen your relationship or jeopardize it?

AUDIENCE

- · who do we want to reach with our tactic?
- what response do we want to inspire with them?
- what message will the tactic send to the people who have power to meet our demands? TARGET
- will it pressure them to capitulate?

Or enable them to dismiss us or retaliate?

how will you know if you have impacted your target?

#### TEARGAS

DO get to a well-ventilated area

DO NOT touch your face

DO NOT wear contact lenses

DO cough & spit,

allow fluids to leave the body

DO NOT remain in the direction DO monitor breathing - if the the wind is blowing person has asthma bring them to a medic

DO NOT pick up teargas canisters

WITHOUT using heat-resistant gloves

DO flap arms/body

to dispel

tear gas powder

DO bend over to rise hair & face

DO try to keep

eyes open

DO immediately blink

DO use water/saline to wash the eyes

DO wash face with non-oil based soap DO NOT rub or touch the eyes!

DO NOT wear contact lenses

DO NOT pour the decontamination solution over the forehead

DO NOT wear oil-based sunscreen or lotion

## **EMOTIONAL REGULATION**

before, during, + after a protest

#### BELOBEi

meet with your comrades in a safe place to get centered if you have time, meditate/take some collective deep breathes to calm your central nervous systems - try doing this for at

least 5 minutes together - share why you are protesting, why it matters to you, so you can connect + get rooted in your purpose and that of your comrades

- state your boundaries (at what point would you need leave...

if tear gas is denotated? if police presence intensifies?) - set intentions - what kind of involvement are you planning (being on the frontlines, medic, mutual aid, chanting and marching)?

whether you live with mental illness or not, make a exit plan in case you or your comrade have a panic/anxiety attack, get emotionally overwhelmed, or need to leave for any reason.
knowing that you have a plan and a clear way to leave can provide some emotional security in what will always be an uncertain context (the protest!)

#### ~DNBING~

your breath is your bff - remember to breathe!!!! - protests can be: traumatizing, empowering, triggering,

electrifying, joyful, frightening, confusing, cathartic - it's normal to feel a spectrum of emotions. If you get anxious/disoriented: let a comrade know, understand that it is okay to leave at any time. If you want to stay, you cannot leave, or if arrested, utilize breathing techniques - slow down and breathe in 1 second through your nose, exhale 1 second out the mouth, then inhale 2 sec, exhale 2 sec, then up to 3, 4, 5 second intervals.

#### \*ATTTA\*

REST! and! reflect with your comrades + by yourself

 give yourself time to process + reflect on what went down-- what brought you joy, what was hard, what you learned, what you will change for next time

- take care of your body! sleep, eat nourishing foods, nap, rest - know that it is okay to feel all kinds of ways after a protest

- call a bud, write in your journal, be gentle with yourself

## HEY WHITE PROTESTERS



YOU WILL NOT BEAR A MAJORITY OF THE CONSEQUENCES

IN AN EXPRESSION OF RAGE IS NOT YOURS TO MAKE,

DECLESION TO RISK BLACK LIVES

PEOPLE BY THEIR

01 77!M 5000

#### HERBAL FIRST AID

Tinctures or capsules are more convenient than teas. Consult an herbalist prior to building your kit.

#### YARROW OF SHEPHERDS PURSE

Homeostatic/stupic. Powder herb in a coffee grinder, put a few pinches on wounds to staunch bloodflow. When bleeding has stopped. remove with witch hazeland disinfect.

#### VALERIAN TINCTURE

sedative. nervine. muscle relaxant, analegisic. anti-spasmodic. use for panic. trauma, insomnia

#### PLANTAIN INFUSION

vulnerary, emollient. Spothes and repairs chemically irritated skin (after deconamination treatments) or roadrash

#### GINGER SYRUP! MEADOWSWEET INFUSION or TINCTURE

Anti-emetic. For nausea. vomiting. etc.

#### LOBELIA, GRINDELIA, SKUNK CABBAGE TINCTURE BLEND

Bronchiolator. For difficulties breathing, asthma attacks, etc. CAUTION! Lobelia is best for this but it is emetic, it is a vomit inuse 5-10 drops wait 2 minutes and try

5 more drops no more

#### Analgesic, flammato-

LAVENDER and or

ALOE ESSENTIAL OIL

WILLO BARK

TINCTURE

anti-in-

ry. for

headaches,

pain relief.

inflamma-

tion, not a

Nervine, stimu-

low energy situ.

ations when you

concentrating.

lant. use for

have trouble

sedative.

GINSENG

Emollient. For burns caused by heat or friction. Apply after the wound has been cooled down with water. For headaches, apply lavener to temple and between eyes.

#### TEA TREE/TYME ESSENTIAL DILS

Anti-septic, anti-microbial. use these oils to disinfect wounds.

#### WITCH HAZEL

Distilled it works as an astringent, anti inflammatory. Good for removing particles from wounds before disinfecting and slowing bleeding. Good primary treatment for bruises, sprains, contusions, abrasions, inflammation and nosebleeds.

#### CHAMOMILE. EYEBRIGHT INFUSION

Eyewash. After caemical weapon decontamination treatment, this is a good secondary treatment for soothing and repairing ocular tissue.

## TECH TIPS

#### **BEFORE A PROTEST**

#### If you do bring your phone:

- Disable Touch & Face ID
- Turn off location services
- For Android users: turn on Encryption Services
- · Keep your phone off as much as possible
- Use encrypted messaging apps like Signal
- •Faraday bags blocks remote alteration of wireless devices

Think about leaving your phone at home. US police use stingray devices that impersonate cell towers & trick cell phones into transmitting their locations & identifying info

#### Minimize your surveillance risk:

- Wear clothing without logos, bright colors, etc
- Wear a face mask/bandana & sunglasses
- Cover any tattoos or distinguishing features



- Don't post photos while the protest going on
- Remove identifying features & faces in your photos. Do not blur faces, etch them out with black
- Screenshot the photos you want to post to social media. This removes the metadata that lists your coordinates (or check out the app Image Scrubber)
- Use a VPN to post

amazing accomplice:

## COMMUNICATION ORGANIZERS. LISTEN TO PROTEST LISTEN TO THE MORE ON BULE 1 of being an

#### SERVICES OFF *HOLDADINAL TOCATION*

obtain these later on. have the potential to So-called "authorities" where you've been. timestamped records of You don't want

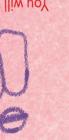


#### ATAO JJA 9ARDS **BLUR ALL FACES**

arrest protestors! social media to track down and Cops use photographs on

with you. to think through your work and DO get yourself a mentor DO NOT show identity markers, immediately on social media, our histories, but DO NOT post DO need people to document intimidated by this, don't, we photographer and feel If you're an aspiring

## 317737 A 39AJ23 \$ 7092 0T WOH



arrested. be stuck for hours. You may be about when you can leave. You may They will not be honest with you unkown amount of time. You will be enclosed for an

KAW 3HT

laldissoq as noos as kettling, go back the way you came When you notice the signs of



from different directions Be aware of cops coming surround protesters on all sides



transportation vehicles. Keep an eye out for large prisoner surroundings. Look out in all directions. Stay vigiliant and aware of your



what signals work for you. Or

You can share these with your Kong protests of 2019-20. to communicate in the Hong of hand signs protestors used

and get a thousand images

not as secure (they're apps)

tud lufesu osls si 99ASTAHW

airplane mode. pave your phone on

allows you to even

information about

airdrop to share

**AIRDROP?** 

upcoming events. This

have relied mainly on

Hong Kong protestors

PROTEST HAND SIGNALS"

**GOOGLE: "HONG KONG** 

DOWNLOAD: SIGNAL -

**SAIT SAIT SAIT** 

protest group and decide

make your own!

## PROTEST COMMUNICATION

Movements will develop their own communication strategies and verbal and non-verbal signs. The FIRST STEP to successful communication is to listen to the organizers. LISTEN to Black voices!





## One important symbol is the RAISED FIST.

The raised fist is a symbol of POWER, RESISTANCE and SOLIDARITY. But borrowed from rescue efforts in natural disasters, it also has a very practical use: it has become a sign used to request TOTAL SILENCE (as a communal pause or to hear an announcement).

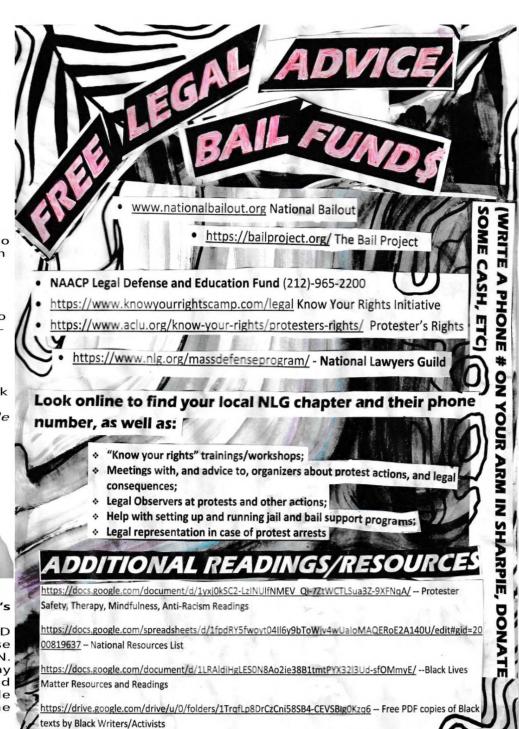
We must mention there have been efforts to coopt this as a symbol of White Supremacy – but we shall not be erased. Let us honor historic struggles and not give in to cooptation.

So, again LISTEN, be aware of the crowd, look around to see if this means CHANTING or TOTAL SILENCE. And if you feel uncomfortable raising a fist because of the implications of Whiteness, raise a palm or a peace sign.



#### MIC CHECK!

A great tool we can borrow from Occupy Wall Street is the **people's microphone**. This is a way to deliver a speech to a large group. The speaker begins by saying "MIC CHECK", people nearby RESPOND "mic check", the speaker says a SHORT PHRASE, then pauses. Those that can hear what the speaker has said repeat the phrase in UNISON. After the first wave is finished, if the crowd is very large, this may require two or three waves of repetition. When everyone is finished the speaker says another phrase, then pauses again as people respond (repeat), until the message is complete. This amplifies the speaker's voice without need for equipment.



## TT BOMEE LO LHE BEOBLE

## :5712N315

## CANVAS DROPCLOTH OR BED SHEET CUT TO SIZE

CONSIDERING NEWATIVE SPACE

VBCDEL

0 6 8

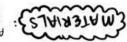
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RESPIRATOR; SPRAY ADHESIVE (OPTIONAL) TWING PAROS ; STINX ODAX ALETA TE | POSTS RECORD | CARDEO PRO



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\* PATCH ANY MISTAKES WI CLEAR TAPE 3) CUT IMAGE CAREFULLY ON SAFE SURFACE

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SAFETY 15 BE SURE TO PRINT OUTSIDE WI MACK / PROPER VENTILATION.

FLOUR, WATER, POT, HEATING APPARATUS, PAPER POSTERS, ROLLER BRUSH, BUCKET & A FRIEND!

. Avei 2005 - 200 010VA

GOING OUT - BE PREMARED

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LEWALTH VARIES BY STATE

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FOR CONSEGUENCES

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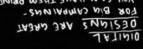
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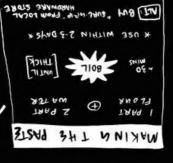
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